

**ABSTRACT**

An improved medicinal composition includes an effective amount of an antihistamine pharmaceutical and an effective amount of a nutraceutical in a pharmaceutically acceptable base.

At least one of the pharmaceutical and the nutraceutical treats a condition caused by an immune response to a virus, a microorganism, or an atmospheric pollutant or allergen. The medicinal composition may additionally include a pain relieving pharmaceutical or a decongestant. The nutraceutical is preferably an immune booster, an anti-oxidant, a liver protectant, or a combination thereof. Methods of using these compositions to treat conditions caused by an immune response are also disclosed.